



DC TUG OF WAR RULES

1. Team must have 8 participants.
2. A maximum of two group leaders can participate in the match. Anyone 18 or older is considered a leader.
3. The referee will signal when members may place their hands on the rope, the start of the match and when the winner is determined: 1st whistle- place hands on the rope but don't lift, 2nd whistle- lift and begin tugging, 3rd whistle- winner is determined.
4. Touching the mark flag during the match will result in immediate disqualification of the team.
5. If the team or a team member falls during the match, they immediately must stand up or it will result in a team disqualification.
6. No team member substitutions during the match.
7. The winner of the match is determined by the flag crossing the marked cone on your side of the sand.
8. The referee will make the final determination if a conflict arises during the match. Each team has one warning per rule and after the first warning violations will result in a "side out".

Remember this is designed to build unity in youth groups.
Always respect the referee and have fun!